

Core brief

Daily update

(2 April 2024, 3.35pm)

Topics in this Core Brief:

- Staff Health Strategy update
- Are you interested in learning more about the menopause?

Remember, for all your latest news stories, visit our new Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)

Staff Health Strategy update

In this edition of Core Brief, we will be covering the highlights from recent Staff Health Strategy meeting, held on Thursday 21 March.



Staff Witness Support

Information was provided to the Staff Health Strategy Group by Rachel McGowan, Witness Support and Corporate Legal Manager on this service.

The service provides welfare support to staff who may be cited at some point in their career in relation to cases such as:

- Public Inquiries
- Litigation cases – Personal Injury/Medical Negligence Claims
- Procurator Fiscal Office Investigation (SUD)/Fatal Accident Inquiry (FAI)
- Criminal Trial
- Nursing and Midwifery Hearing (NMC)
- Children's Hearing

The support offered includes:

- One-to-one practical and emotional support to listen and address specific concerns and/or questions that staff may have
- Group support – at times, various staff from one ward/department may be cited
- Q&A sessions covering expectations of witness

- Working in collaboration with external agencies such as Witness Service, Victim Information and Advice (VIA) and the NMC, enabling a dedicated staff centred approach for NHS witnesses
- Court Familiarisation visits in advance of trial
- Support in court on day of giving evidence
- A dedicated point of support and guidance for staff throughout the legal process aiding in their preparation and familiarisation of court and legal processes.

The Staff Witness Support team will link with Occupational Health in relation to emotional support for staff where needed.

Further information is available at: [NHS Staff Witness Support - NHSGGC](#)

Managing Stress

A paper was presented on the support available via the Occupational Health Psychology and Wellbeing Team. A wide variety of options are available ranging from guided self help, group work and individual assessment and support.

The Occupational Health Psychological Wellbeing Team can be contacted on 0141 277 7623 or e-mail at MHCIG@ggc.scot.nhs.uk

Plans are also well underway for Stress Awareness month in April. There will be a number of webinars available and events in local areas please look out for further information.

Staff Health Strategy

Staff health and wellbeing is a top priority for NHS Greater Glasgow and Clyde. The 2023-2025 Staff Health Strategy provides the strategic framework in which to ensure this priority is delivered. The Strategy has been developed in partnership with the Area Partnership Forum and was approved by the NHS Greater Glasgow and Clyde Board on the 19 December 2023. The four strategic areas of priority within the Strategy are:

1. Strengthening support for mental health and wellbeing including stress
2. Promote NHS Greater Glasgow and Clyde as a fair and healthy workplace in line with Fair Work Nation principles
3. Address in-work poverty and promote holistic wellbeing to mitigate inequalities in health
4. Support for managing attendance.

An Action Plan was drafted in Partnership with the Area Partnership Forum and the Staff Health Strategy Group to support delivery of the Staff Health Strategy. The Action Plan has now been approved by the Corporate Management Team and NHS Greater Glasgow and Clyde Board.

A range of exciting activities are being progressed to support the programme of work. This includes initiatives related to staff mental wellbeing, menopause, Fair Work, Peer Support, the Active Staff Programme, Staff Witness Support and a forthcoming full schedule of wellbeing resources and activity via the Wellbeing Bus.

Are you interested in learning more about the menopause?

Please join our online staff engagement event on Tuesday 16 April - register to claim your ticket.

Dr Jenifer Sassarini will provide an informative session on what to expect from the menopause and how to manage it. We will hold a Q&A session where you can ask any questions. You may currently be experiencing the menopause or perimenopause, or it may seem a long way off - either way, this event will help you feel prepared.

After the event, you can register for one of our smaller virtual group consultations with Dr Sassarini, if you would like more time to discuss your specific concerns.

We hope to see you there!

Click [here](#) to register for the menopause session.

Please take the time to watch this short [video](#).



Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

It is important to share Core Brief with colleagues who do not have access to a computer.

A full archive of printable PDFs are available on [website](#)